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ESSPD Lausanne 2026  
7 - 9 September 2026  
May 2026 Newsletter



Welcome to the May edition of our ESSPD 2026 Congress Newsletter!

Dear Colleagues,

We are delighted to share the latest updates as we move closer to the ESSPD Lausanne 2026 Congress.

We have completed an exciting and busy period collating all of the wonderful symposia, presentations and posters submitted for Lausanne into an exciting and invigorating programme. Please see the [preliminary programme](#) - the finalised version will be available in July. You should all have received an email outlining the response to your submission. If you have not received it - you can find the outcome by checking your spam folder and/or return to the submission portal and look under the 'MESSAGES' tab to retrieve your decision notification.

Our theme for the congress is transformation and to provide some personal context to our congress we are asking you to participate in submitting a brief account of a moment of transformation that you experience in your life or in your career. See the information a little further into our newsletter. To get you started I will share my moment.

As a newly qualified clinical psychologist working in a residential unit for young people, I was working with many young women with chaotic interpersonal lives, high levels of emotion dysregulation and multiple high - risk behaviours. What I had been taught in my training was not up to the task of helping them (this was the early 1990s). I was also studying for a PhD at the same time and my supervisor asked me one day how my clinical work was going and I shared with him my experience of finding my skills inadequate to the task of helping my young clients. My supervisor said: "Hmm, I think I might have something that will help. I've been sent a draft of a treatment manual describing a new approach to helping people with the problems you describe. I don't have time to read it - maybe you'd like to look at it?". I took from that meeting a heavy box file (do you remember them?). Inside it was a draft copy of Marsha Linehan's unpublished manuscript for both her treatment and skills manual for Dialectical Behaviour Therapy. I read voraciously and started using some of the strategies almost immediately. My career trajectory was set! DBT has shaped how I understand the problems that are labelled as personality disorder and a passion for advocating for people with those problems. Opening that box file over thirty years ago is why I am now President of the ESSPD.

We are very much looking forward to welcoming you to Lausanne. **Remember the Early Bird Rate ends on May 31st!**

🔗 Conference registration is open:

👉 You can register [HERE](#)

✉️ We are also delighted to share that acceptance notifications for submitted contributions have now been sent to authors. Thank you to everyone who submitted their work and contributed to shaping an exciting scientific programme for ESSPD 2026.

ch Join us in Lausanne for the 8th International Congress of the ESSPD, taking place from 7–9 September 2026, with the generous support of the Department of Psychiatry-CHUV and the University of Lausanne.

✦ Under the theme Transforming Futures, for both our clients and our discipline, the congress will bring together clinicians, researchers, experts by experience, and early-career researchers for inspiring discussions, innovative research, and cutting-edge clinical workshops.

💡 We look forward to welcoming you to beautiful Lausanne for three days of learning, collaboration, and exchange.

Further congress information can be found on our [website](#)



**Transformation often begins in small, meaningful moments.**

It unfolds over time, through subtle shifts.

Like a butterfly, change is not immediate.  
It begins quietly, in a process of becoming. 🦋

🦋 **What moment transformed your path in this field?**

A conversation?

An encounter?

A moment of connection?

A question that stayed with you?

A finding that shifted your thinking?

A moment that opened something new?

For ESSPD 2026, we are creating a collective installation of short "transformation moments" from across our community, spanning lived/living experience, research, and clinical care. Please share your story with us via this link: ESSPD "Transformation moments" Share your story link

**From Butterflies to Aircraft: flying over Switzerland**

From butterflies to balloons, from solar aircraft to alpine flights, Switzerland invites us to explore a simple idea: flying is both a natural phenomenon and a human aspiration, linking transformation, curiosity, and experience. We started with the butterfly and its transformation. Staying in that spirit, Switzerland offers another perspective: the fascination with flying, from nature to human innovation.

A strong Swiss example is the Bertrand Piccard family. From record-breaking balloon flights to the Solar Impulse 2, the first solar-powered plane to fly around the world, their work reflects the same paradox as a butterfly: something light, almost fragile, yet capable of crossing the globe.

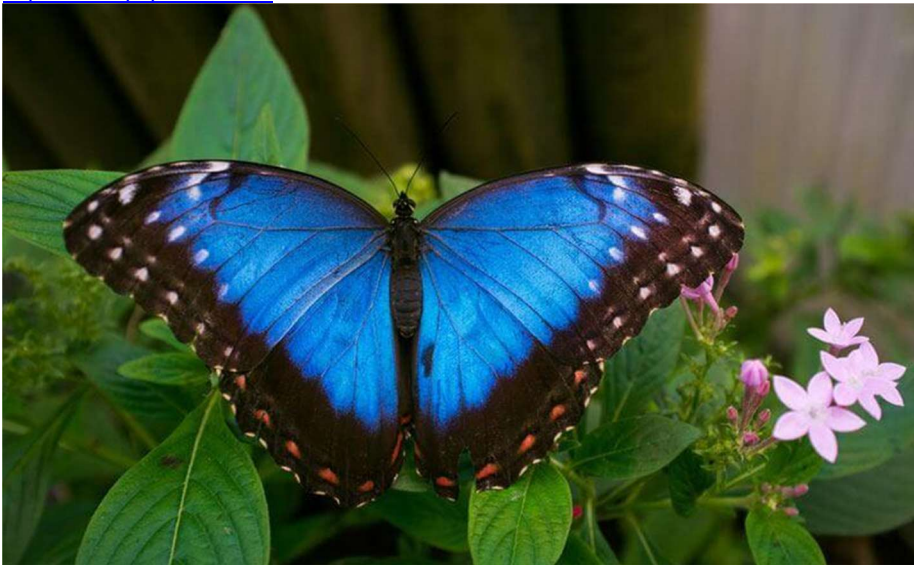
Discover more at the Espace Ballon (interactive exhibition on ballooning):

<https://ballonschateaudoux.ch/fr/espace-ballon/exposition-interactive>



<https://ballonschateaudoux.ch>

Closer to nature, the Papiliorama (about 1h15 from Lausanne) offers a unique immersion into tropical ecosystems, where butterflies can be observed in flight and through their full metamorphosis:  
<https://www.papiliorama.ch>



On the aviation side, the Clin d'Ailes Aviation Museum (around 1h from Lausanne) presents Swiss military aviation and the evolution of flight technologies:  
<https://www.clindailes.ch>



**For those who want to experience it directly:**

Helicopter flights over Lake Geneva and the Alps (e.g., Hélicoptère Lausanne)  
[helisausanne.ch](https://helisausanne.ch)

Paragliding above the Riviera (Villeneuve / Montreux)  
<https://flyriviera.ch/>

A more unusual option: combine flight and food with a helicopter and raclette experience  
<https://www.ideecadeau.ch/p/177566-vol-en-helicoptere-raclette-a-gogo-pour-2-personnes>



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